



THE LINKERS' Gazette

BE THE LUMINOUS CHAIN THAT UPHOLDS TRUTH



GLC GRADS MARK SUCCESS IN ADVERSITY

By John Derson Herbolario



Photo Courtesy: Pamela Chin Delos Reyes

Batch 2022 graduates pose for a photo with the school administrators from left Mr. John Derson Herbolario, Mr. Vicente Hao Chin Jr., Dr. Romeo Torres, and Ms. Lanie Fernando.

Last June 19, 2022, at the Kern Hall of GLC, twenty-two candidates marched on their most awaited day, their graduation.

“Do not forget the essentials” as Mr. Vicente Hao Chin said, graduates should not forget the most important things that they must bring outside the school. It’s not just the diploma but the competencies, knowledge, and philosophies that the Golden

Link College taught them by heart and soul.

Amid the great challenges brought by the pandemic scare and government restrictions, the program was realized meaningfully. The graduates spoke one by one to deliver their graduation speeches, and all of them came on stage to get their diplomas and made their final bow to the school. The moment was so touching and inspiring; much more so when the family mem-

bers of the graduates got tears of joy and pride.

As part of the ceremony, there were 11 students who were recognized as Cum Laude and 3 students as Honorable Mentions; this is the batch who received the highest percentage of distinctions in college history! Additionally, this batch was also the first batch that underwent the K-12 curriculum and experienced distance online learning for 2 years. It is proof that

through grit and dedication, nothing is impossible.

Graduation at Golden Link College is a symbol of the completion of all the academic requirements required in the college curriculum. It was also treated by the school as a celebration of a promise to bring about transformative education to students, teaching them the art and science of wise living. To all the graduates of Batch 2021-22, we are so proud of you!

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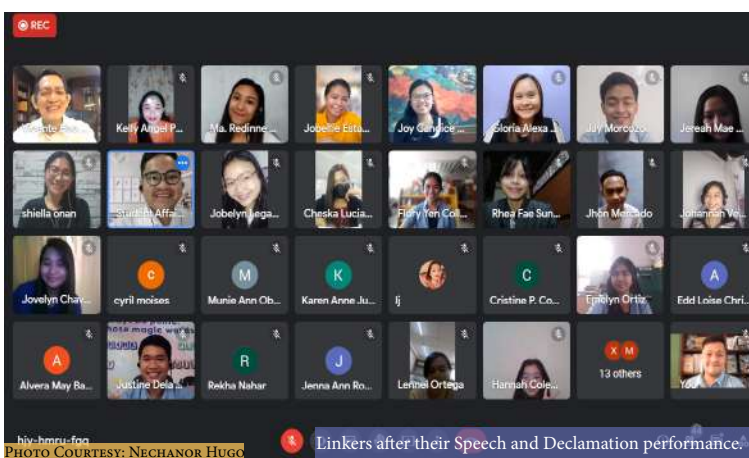


PHOTO COURTESY: NECHANOR HUGO Linkers after their Speech and Declamation performance.

The annual Golden Link College “Speech and Declamation Program” was held online last March 2021. This program aimed to showcase the talents in writing and delivering speeches of GLC students. Annually, students are given two themes to choose from. For this year’s theme, students chose Social Issues in the Philippines and

the World or Life and Experiences. The said program had three batches of speakers because of the growing population of college students at GLC.

One of the students from GLC tackled one of the world pressing issues: starvation.

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GLC-NGT SHOWCASES VOLUNTEERISM AT WORK

By Rosemarie Perante



Photo Courtesy :Aj Ballaba First year block one and two students pose for a photo after their National Service Training Program event.

The National Service Training Program 2 first-year block one and two in collaboration with New Gen Transform volunteers paid a visit to Brgy 178 on April 13, 2022, for an outreach program. The activity aimed to inspire the children to learn basic English, value good manners, avoid bullying, and awaken the spirit of volunteerism.

With their efforts, the NGT team provided the children with simple snacks, facilitated activities, and donated school materials, all from their fundraising intended for this event. The outreach program was made meaningful through the generosity of time and efforts of the following individuals:

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Psychology Pinning Ceremony: Ending the Anticipation

By Jhazmine Deuda

During a ceremony held on October 10, 2021 Psychology students of Golden Link College commemorated a milestone in their academic life by receiving their official name pins.



Photo Courtesy: Pamela Chin Delos Reyes

Psychology Majors in their Clinical uniform before the pinning ceremony. From left Pamela Chin Delos Reyes, Jully Marangga, Callil Joy Noynay, Judy Anne Alayon, and Jade Gomez.

The pinning ceremony solemnly started with a meditation guided by the Officer of Student Affairs, Mr. John Derson Herbolario. This was followed by the introduction and inspirational message by the College Dean, Dr. Romeo Torres with a song presentation "You Light Up My Life".

After the opening remarks, Jully Marangga, a third-year Psychology major sang "With a Smile" followed by inspirational messages from 2019 Psychometrician Board Licensure Exam passers Kimberly Fajardo, Rpm, and Ma. Katrina G. Medalla, Rpm.

"It is important to live our lives the way they are supposed to be and enjoy something to look forward to every day," said Ms. Medalla.

Ms. Fajardo said, "Be someone who has a passion for our discipline, be someone who can inspire others, and be someone who can make a difference."

Psychology Practitioners, Mr. Francis Adrianne V. Cunanan Rpm, Dr. Juliet P. Catungal DEM, RGC, LPT, and Mr. Michael Joseph Dela Cruz, also graced the event with testimonies

about their experiences in the field of Psychology. "Take one day at a time. Focus on what is in front of you. Find a habit that will work for you and stick to it," Mr. Cunanan said.

"If others can make it, I can make it too, but I never compare myself to others," said Dr. Catungal. "People will value and respect you if you keep yourself low, grounded, and approachable," Mr. Dela Cruz shared.

Mrs. Luwalhati Briones facilitated the pinning ceremony.

She presented the 5 Psychology Majors. The ceremony was held online, and the candidates were called and highlighted on the screen with their parents/guardians to pin their nameplates on their chests. After the pinning, the students recited their pledge of commitment, which was led by Jade Gomez, the President of the Psychology Circle at Golden Link College. This was followed by the messages of parents and the school. Also, the commentators, Larra Torres and Allyza Kaye Ortiz made the virtual ceremony dynamic.

of encouragement and wisdom to the junior and senior students. "The mission of psychologists is to be able to help human beings, to achieve a wholesome life, and to help the world become a better and happier place," said Mr. Hao Chin Jr.

The pinning ceremony was made possible through the efforts of the Psychology department, the students, the parents, the faculty, and the school. Also, the commentators, Larra Torres and Allyza Kaye Ortiz made the virtual ceremony dynamic.

STUDENTS SPEAK OUT ON DECLAMATION DAY

By Jhazmine Deuda



Photo Courtesy: John Derson Herbolario

Golden Link College students during the Speech and Declamation performance

"Experiencing famine or hunger has been the main problem of our world for years, and if we look at our history, this hunger crisis has not disappeared. It continues to happen and it got worse" -- an excerpt from a speech by Aldren Garzon from Block 1, BS Psychology. By sharing, the students of Golden Link College were given the opportunity to share their experiences and thoughts relating to the theme. This activity enhanced the students' writing, thinking, and communication skills as well.

LOVE BEATS MAKE MELODIES ON VALENTINES DAY

By Jhazmine Deuda

Golden Link College, February 13, 2022: On Valentine's Day, the Linkers were serenaded by the Golden Harmony Club's "Love Beats," a free "harana" session.

Valentine's Day is generally known to be a season to celebrate love. The day was full of positive feelings and surprises, not just because of the "harana" of the Golden Harmony Club but also because of the ex-

citing confessions, words of admiration, love "hugots," and amusing pick-up lines.

One of the words of appreciation received and delivered by the hosts is "To Edd Ambay, You're as Cuddly as a Baby Bear, As Genius as Albert Einstein, and as Bubbly as a Bottle of Champagne." A cover of "Growing Old With You," by Cathy Cancino, captivated many hearts and made the students feel kilig.

In the culmination, everyone was given a chance to request songs and the music club enthusiastically sang the requested songs.



Photo Courtesy: Kathy Rain Cancino

Kathy Rain Cancino sang for Valentine's Day.

GLC-NGT SHOWCASES VOLUNTEERISM AT WORK

By ROSEMARIE PERANTE



Photo Courtesy: Aj Ballaba

Barangay 178 Children proudly show the tokens they receive from the GLC students.

Jv Que for teaching the kids basic English, Albern Sapitanan for his impressive storytelling, Jun Pesito for sharing and giving examples of good manners and right conduct, Lheo Macalino for teaching the effects of bullying and its prevention, Paul Drexler T. Dayola for donating food for the

kids, Jhune Ragada for coordinating with the barangay staff, Mrs. Elvira Ajero Dometita and with the assistance of Adrelyn Cabrobias for preparing the snacks for the children, Criss Evan Longkino and Lhara Mae T. Mores for preparing the photo booth that made the children excited and happy,

to the responsible students of Block 1 for organizing the program flow, and to the bright students of Block 2 who raised funds for the activity. The students did not fail to demonstrate "The combined powers are indeed capable of making a change!" throughout the process and result.



Photo courtesy: Nic Hugo

Golden Link College students post for a photo for the year end party/celebration.

GLC Holds Year End Thanksgiving

By Jhazmine Deuda

On December 23, 2021, Golden Link College held its Year-End Thanksgiving Program for the academic year 2021-2022. While it was an online event, the activities during the program certainly astounded and pleased Linkers and the teachers. Miguel Reyles

and Allysa Villanueva, two GLC Music Club members, performed their rendition of John Lennon's "Imagine" to cheer up the kids and staff. There was abundant love and admiration within each of the students and teachers. The students at each year level facilitated and partici-

pated in various exciting and enjoyable games. The students had the chance to showcase their talents.

One of Golden Link College's most anticipated events is the Year-End Party.



The program hosts and speakers during Mental Health podcast held last Oct 29, 2021. From left Allyza Kaye Ortiz, Jessa Casiano, Nechanor Hugo, Judy Anne Alayon, Ruru Arensol, and Abigail Panganiban

Psychology Students Celebrate Mental Health Awareness Month

By Jhazmine Deuda

Psychology students celebrated Mental Health Awareness Month online with a podcast "Thriving in the New Normal." last October 29, 2021.

The podcast was hosted by Allyza Kaye Ortiz and Jessa Casiano. Invited to the podcast were Dr. Juliet P. Catungal, DEM, RGC, LPT, GLC Psychology faculty, and GLC students who shared their experiences: Ruru Arensol, Nechanor Hugo, Judy Ann Alayon, and Abigail Panganiban. Each of them discussed is-

suues concerning youth during the pandemic. Such as what youth can do during this pandemic situation. Abigail, a GLC SHS student explored many things like idolizing a Kpop Group "Twice." She also said that during this pandemic we can learn many new things about ourselves. Another, Astrid Carolina Floralde a first-year student of Bachelor of Science in Psychology sang "Ako naman Muna", as well as other students made the program more special by sharing their talents.



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FOREVER LOADING AND BUFFERING

Online schooling is a challenge. The pandemic has caused lockdowns. Everyone suffered a crisis while the world was left with no choice but to stay at home and instantly change the usual way of living. This is when a new normal came wherein people started to slowly embrace it. The Philippine government, CHED, and DepEd implemented virtual and modular learning as alternatives to the traditional way of schooling. However, this was difficult because it would have an impact on the mental health of teachers, parents, and of course, students. Apparently, navigating through a life-changing transition to an entirely different system is difficult. Facing the computer and running through virtual tasks and activities has become an everyday routine, causing stress and anxiety. This is even more true for people with mental health problems, as Dr. Joan Rifereal stated in her interview on Rappler Talk. "I always talk about the number of workloads that they need to do. As a result, they feel "patong-patong" and "sabay-sabay" about all of the subjects, and they have a lot to do in a short period of time. Another reason is that they do not have access

to resources. One of these is the availability of an internet connection, so they find this stressful. Some students who had not even lasted three months of virtual classes gave up and withdrew from school. They had no choice but to wait to go back to the usual mode of learning. Bowen Kyle Malpivar, a Bachelor of Science in Business Administration student who is using the PLDT home wifi, experienced a slow internet connection. He said it was really challenging to catch up in class sometimes. His internet connection slows down, especially in the afternoon, and he has to patiently wait for it to become stable. He sometimes could not upload his school work/files due to this. An alternative was his phone and mobile data when this happened because it is more reliable and fast, though at times it can be limited. And as a result, he could not consistently participate, and it affected his academic performance.

Ms. Eiren Galang, the GLC BED Principal, also said that some of her students were having a hard time keeping up with her class. The most common reason was a slow or no internet connection. This

problem was inevitable because the Philippines has more than 76 million internet users. Heavy internet traffic can slow down even the fastest internet connection. As the Philippines transitioned to online classes because of Covid-19, the war on data consumption began. As a teacher, she always made sure that she also had a data backup in case she lost her connection because it sometimes disrupted her classes. According to a study by Salac and Kim (2016), poor internet access hinders people's productivity as well as the expansion and improvement of a community. Outdated technology also hinders students and teachers from doing their designated tasks. The current state of our internet connections is affected by our country's regulatory landscape, making it difficult for internet service providers to put up the necessary infrastructure. The construction of a single cell site may take up to eight months, the majority of which is spent obtaining permits from the government. Filipinos will have fast and stable connections by the end of 2025, according to businessmen and researchers.

FIGHT BURNOUT, BE VULNERABLE SELF AWARENESS



By Chanelle Calisin

Imagine sitting for 2 to 3 hours, listening to your teacher, preparing for upcoming quizzes and activities, and maintaining focus despite all distractions. You must take care of your responsibilities and complete any remaining tasks after that exhausting, distressing situation. Plus, the technology and internet issues and the stress of personal problems such as family and finances. And if you are one of those students who are unfortunate enough to take online and modular classes while working, I cannot imagine the stress and anxiety you are carrying. How are you still standing despite this everyday situation? Are

you sure you're okay? How do we fight this dull, tiresome, and depressing burnout?

The answer is we cannot fight burnout. Indeed, there are a lot of tips to stop burnout, but some contribute to stress. We become more anxious when we try to pull ourselves and think, "I have no time for this." But, all we have to do is to let ourselves be vulnerable and take burnout as an opportunity to rest. The more we strive to overcome burnout, the more agitated we become, and this is because we resist it even more without taking any breaks. The more we try to keep that stress ongoing, the more burnout builds. You must first identify your vul-

nerabilities and feelings about the situation to fight burnout. Set your priorities by reconnecting with your inner self. Remember the "3 S of love": self-love, self-care, and self-respect as you manage your time.

Burnout will pass by gradually and unknowingly, and it may not always happen, but at least you'll know how to deal with it. "If you feel exhausted, start to hate your job, and begin to feel less capable at work, you are showing signs of burnout," says Elizabeth Scott (2020).

PLANTITA YARN ONCE A TREND, BECAME A HEALTHY HABIT



By Melcah Alayon

To avoid being infected by the virus, everyone went through home quarantine during the pandemic. Some tried many things because of boredom, and some began to recognize that there is a lot to discover on social media. Starting an online business is one of them. It was evident that many tried this and it immediately became a trend. Selling plants started to boom and became popular. Most of the adults here in the Philippines began collecting and taking care of orchids, flowers, and other exotic plants that they would display in their homes.

"Mars, pahingi naman ng halaman mo!"

"Nak, pakidiligan nga ng orchids ko riyani!"

"Sabihin mo sa mga batang naglalaro sa labas na huwag pakialaman ang mga halaman ko!"

These are the phrases that you would hear from most parents as reminders to keep their beloved plants aesthetically pleasing and taken care of.

Plantita or Plantito were terms given to those who were plant enthusiasts. Initially, this may seem like a simple distraction from boredom or stress. Later, it may become a hobby which others might say is a healthy addiction. Everywhere our eyes look, we seem to spot a greenhouse-themed residence. Some people prefer cacti in small pots, while others prefer indoor plants with large leaves. Others are interested in edible plants such as herbs and vegetables. There are several reasons why people choose to raise plants: mainly for decoration, some say it contributes to the ecosystem, and sometimes to keep their minds engaged. It is a new world for us, and to have

this kind of hobby is a huge help that influences both our health and the earth.

Planting is like taking care of pets; we water our plants, give them sunlight, and sometimes speak to them. In a study by the Royal Horticultural Society, researchers discovered that talking to your plants can help them grow faster. So if you think you're crazy because you talk to your plants, well, you're not! It is proven and tested that talking to plants can help them grow faster. So, let us not waste our time! Try to talk to your plants, give them affirmations, and treat them like your pet.

"All we have to do is to let ourselves be vulnerable and take burnout as an opportunity to rest. The more we strive to overcome burnout, the more agitated we become, and this is because we resist it even more without taking any breaks."

Mine, Mine, Mine BE DIGITAL



By Shiela Mae Rulida

COVID-19 had thwacked everyone from all walks of life. Many business owners were able to grow significantly throughout the pandemic from a business standpoint.

Individuals were forced to buy online; many suppliers found themselves with many challenges such as inventory issues, dissatisfied customers, and shipping delays.

On the other hand, many people view this pandemic as an opportunity to build businesses. Some consider the situation as the right timing to start an online business, such as live selling. Online selling refers to the virtual peddling of goods and/or services as compared to a physical store. This is because you can visit and touch the merchandise or experience the service provided.

Consumers have adapted to an alternative way of spending. That is why small businesses can also offer convenient options such as online shopping with free delivery. If you run a physical store, merging it with a digital experience can improve the entire experience

of both physical and digital transactions. You can make it easy for buyers if you do research, verify alternatives, and start with an easy-to-navigate website. Consumers expect a fast, and outstanding online shopping experience because it only takes one atrocious inconvenience for them to abandon their cart and shop elsewhere. The global pandemic reminded us all of the importance of saving money. Making the most of social media to connect with customers and bridge the gap between online and offline purchasing was a fantastic idea. Even in a pandemic, your e-commerce business may thrive, and you can do so with the help of a smart platform.

Businesses, whether online or in person, will test your patience and determination as an owner. For example, a business may become prey to scammers.

"It is a new world to us, and to have this kind of hobby is a huge help which in fact has a big impact on both our health and the earth."



ACTS OF SERVICE: HEART OF VOLUNTEERISM

By Flory Yën Collantes



Photo Courtesy: John Derson Herbolario

Students volunteer wholeheartedly in cleaning the school library.

One of the missions of Golden Link College is to educate and bring up children and young adults to become competent, well-balanced, emotionally mature, socially responsible, morally upright, and spiritually sensitive individuals.

Golden Link College is a theosophical school with a unique mission, vision, and philosophies that teach students to be competent in academics and holistically in life. This is reflected in the student activities and the student's performance and competencies.

Learning does not stop in the four corners of the classroom but goes beyond the school context and extends one's ability to light up others' lives through altruism, compassion, and generosity. "Linkers in the golden chain of love" and volunteerism have been part of the school's practice. GLC fosters and awakens their hearts through activities such as Gift Giving, Caroling, Free Vegetarian Soup Kitchen, and Stewardship or Bayanihan that will expose them to the commu-

nity, let them experience the essence of volunteerism and realize how important it is to share without expecting something in return. Thus, volunteering, serving, and helping have been planted in the heart of a linker.

In contrast to what most people used to hear and do throughout the holiday season, caroling in GLC is very different. In GLC, students are not the ones who receive gifts but rather the ones who give. Students, including the school's staff, will serenade a home, particularly those unnoticed and unfortunate, and then give essential goods as a small act of kindness.

"The Vegetarian Soup Kitchen" is one of the activities of GLC students, particularly scholars. The students arranged a weekly vegetarian soup kitchen activity for impoverished families unable to have a daily meal at the San Vicente Ferrer, near the TOS (Theosophical Order of Service) building. The GLC students will cook and serve food for the children in the morning and the senior citizens in the afternoon. As part of the activities, GLC college students will do storytelling and teach children basic English. In the afternoon, senior citizens share quiet conversations with the GLC students while having their food. It is one way of mak-

ing them feel that people are willing to hear their stories and comfort them.

Stewardship or Bayanihan is another act of service. College students have been assigned tasks responsible for assisting certain offices or departments. Education major students are commonly designated to the Basic Education Department to assist teachers, where they will have experience with a classroom setup. Others are in the library to help the librarian. Information Technology students are designated to help in the maintenance of the computer laboratory. Business Administration students are assigned to as-

ist in the accounting office. Other students may also do other areas that need cleaning, school maintenance, etc. Students must have the required number of volunteer hours to complete per semester signed by the coordinator. Stewardship is not just an activity but a practice for college students to be familiar with a chosen career and workplace that will develop their leadership and management skills in the future.

Golden Link College aims to teach and nurture students to become socially responsible and competent individuals who will contribute to the community where they belong and be happy and passionate about helping others through volunteerism. "A theosophical school, therefore, will nurture unselfish individuals who are ready to help others while recognizing the duty to protect and take care of one's own legitimate needs," said Mr. Vicente R. Hao Chin, JR., GLC President, in his book *What is Theosophical Education? Altruism*.



Photo Courtesy: Criss Evan Longkino



A Vegetarian School's Meatless Menu

By Charlene Rivera

Is it possible for a school to promote vegetarianism on its campus?

There is a school located in the north of Caloocan City that promotes vegetarianism, namely, Golden

Link College, where students are on a vegetarian diet inside the campus. The school canteen serves meatless dishes for the students and teachers. Teachers and staff at Golden Link College, as well as the students,

constantly approach the canteen with joy since they are aware that the dishes are both wholesome and healthy. Ampalaya, monggo, vegetarian Tinola, vegetable Mechado, meaty vegetables that taste like ham,

Lumpiang gulay, and Tortang Puso ng Saging are just a few of the meatless food that are prepared and served to the school community. The vegetarian lifestyle can be promoted as a way of life on campus, as proven in

Golden Link College.

"Students are taught not just the value of living a healthy lifestyle but also various ways to enjoy quality vegetarian food."



I CAN AND I WILL

By Kaye Diaz

Photo Courtesy: Ken

Participants of Math Club's activity post for a photo with their artworks.

Have you been to a school where competition is not practiced or in an environment where excellence doesn't equate to rewards, honors, and grades? Have you ever participated in a school program where all students, not just those chosen, could perform?

Certainly, this may sound like just an illusion or a dream due to most schools engaging their students in competition. Most educational institu-

tions promote the idea that competing is a way to make someone or even the entire school proud. Do you ever wonder whether there is a school that doesn't practice competition?

Without a doubt, there is a school, and it is Golden Link College. It is a school that believes that every student has potential, talent, skill, and character, which can be nurtured and flourished with the right people and the right environment. Nonetheless, how can this

school manage to keep the students motivated without competition? Isn't it strange and tedious? Well, as a matter, of course, it isn't weird or boring! Students can be seen enjoying every program because they are equally given a chance to participate. They can dance, and sing however they want. Needless to say that declamation and delivering speeches are also a piece of cake for the students because they are taught that everything they say, it all matters and everyone is

ready to listen. No one ever laughs when mistakes happen. With such practice, students can overcome their fears and learn naturally while loving what they are doing. Students learn to trust themselves more and to be open to the collaboration of ideas with others. And you know what's more exciting? Whenever there is a graduation, all students can read their speeches in front of their classmates, friends, staff, and parents. As a result, this important event will be more mean-

ingful and inspiring.

Isn't it impressive to enter a great school such as this? Students have the mindset that they can excel in what they do while helping others and will always do better without competing with others because they believe, with the help of this school's philosophy, that excellence is not being the best among the rest, but being the best of what they can be.

MAÑANA HABIT, FOR GOODNESS SAKE!

By Freyah Mendiola

According to Philippine history, the Spanish colonization lasted 333 years, implying that "Mañana" is not foreign to every Filipino. This is because "Mañana" is the Spanish term for "Mamaya na," which Filipinos commonly use to postpone a task. An English term for this is procrastination. Procrastination is said to be a bad trait that Filipinos adopted from the Spaniards. It is still a behavior common among young ones, particularly students, in which making excuses to postpone a task affects their academic performance, whether the reasons are valid or not. Various factors are associated with this habit, which is entirely negative.

Since the pandemic began, people have had to stay at home and make everything work at home, and in the long run, adversities have begun to emerge. When virtual learning started, stress increased even more. Pressure is one of the reasons students' productivity is not at its peak; the essential means of virtual learning are difficult to meet for students who cannot do so in this setting. Lack of resources is another thing to be stressed about, as are short deadlines and being technologically challenged. This tendency demotivates students to complete as-

signed tasks and leave them until they feel like doing them. The students' environment is also one of the factors that influence this behavior. Loud, humid, and small cramped spaces during online classes cause discomfort making them uninterested in learning. High standards and expectations from students can also lead to stress and pressure. Expecting them to complete all the tasks assigned from all subjects in a short time is nearly impossible, especially for those students who need help adjusting to this new system. These are some causes of procrastination, meaning it is more than just being "lazy" and a "couch potato." It does not only waste students' time, but it also jeopardizes their mental and physical health. But everything has limits, and there is one thing that humans can naturally do to overcome those limits and solve every problem. There are good habits that students can practice to encourage productivity. "Without education, no generation can be adequately fitted for the duties you perform in the world," Will Fastiggi expressed. This phrase clearly emphasizes the significance of education. The importance of education is visible in daily life, and the link between students' study habits and their academic per-

formance, whether bad or good, is reasonably strong. Study habits are students' educational working practices tailored to their intellectual abilities to improve their learning, comprehension, and concepts taught to them. Students seek out and employ numerous ways of learning that aid them in studying more effectively, which is a commendable effort.

1. Start with the Pomodoro Technique, often known as the "tomato study method," which was created by Italian student Frances Cirillo. This strategy focuses on time management during a long study session, with appropriate time breaks before returning to it. It is popular among millennials and younger people, as seen on vlogs and TikTok videos.

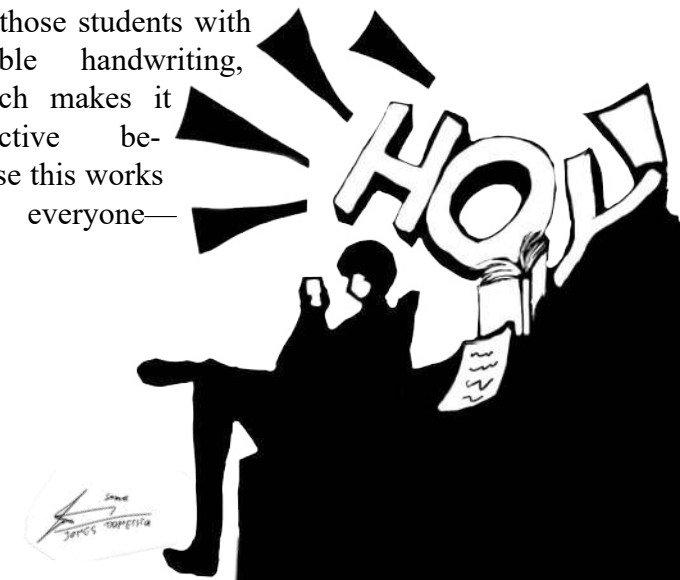
2. Others find studying for long periods exhausting. Students will lose interest in learning if they are required to read the same material numerous times and still need help understanding or retaining it. Fortunately, the spaced practice approach is a study tool that can substantially assist students in dealing with their frustration. This saves students from cramming, burnout, and forgetting lessons after just a few days or weeks of study. It is typical

and understandable for a straightforward reason: students have several subjects to study. Therefore, this method appears valuable and easy for the students to practice. Because there are only three steps of space practice called the L-R-R, which is to learn the materials, review them, and revisit them in any spaced inverted time that suits and is convenient for the student. This method looks practical and straightforward for students to perform, which requires planning and scheduling aside time to study.

3. Third Method: Students need to have neat and good handwriting. They are making it easy for others to recall the key points in every lesson if their writing could be more organized. The color-coded notes would be a great help. Another good thing about this is that it also works for those students with legible handwriting, which makes it effective because this works for everyone—

highlighting technique is the simplest method because you must use Stabilo, a highlighted colored pen, and other coloring materials. Color-coded notes help the students' memories recall the important messages in every lesson they write.

The student's convenience and comfort will always determine the effectiveness of the study technique. Techniques that work for all students are far better. Discovering study techniques that work for a student is a great help in motivating them to study hard and be intelligent, which will result in good study habits and academic performance. Nevertheless, the students must constantly remember that they must learn because they are strong-willed and passionate about it, not just because someone expects them to do it.



WORLD IN SILENCE, WORLD IN PEACE

By John Derson Herbolario



Photo Courtesy: John Derson Herbolario

John Derson Herbolario meditating in the middle of a peaceful scenery.

Have you ever been to loud concerts, fury rallies, busy markets, or noisy transportation? Can you imagine yourself in those places?

If you do, you may experience a little discomfort and uneasiness by just staying and observing there. Eventually, you may realize the value of silence.

Silence is a state of stillness and quietude of the mind. It is a state that lingers in two domains or environments: the external and the internal. External silence is the state of tranquility as we deal with mundane things, such as when we are faced with enraging conversations, trapped in busy and noisy markets, or when we are struggling amid disaster. While, on the other hand, internal silence is the state of peacefulness amid the quagmire of the thoughts in the mind. Both domains must be resolved and transformed into quietness. Otherwise, a person may experience stress, distraction, or disturbance.

When babies come out of the womb of their mothers, one of the heavens that they need to leave is "Silence". The world becomes a noisy playground for a baby. This is the reason babies develop their topmost fear, loud sounds. A baby cries hearing loud sounds; it cannot sleep with it, and it will be uneasy for the baby to play. Baby's nature is relatively

programmed to be "silent" lovers. It can play inside a quiet room and can sleep in solitude. Naturally, babies love silence.

When we become adults, we become accustomed to the noise of the world. We adapted to the noises. But, we often find ourselves burdened and stressed. These lead us to find vacations and go through peaceful retreats.

As we grow old, we become very appreciative of silence. Our preferences change and we generally long for more reflective and peaceful environments. In other words, this noisy, mundane life of supposed life of noise is not our original abode. It is just a transitory distraction. When we realize this, we will eventually come back to our original home, silence.

According to Lao Tzu, "Silence is a source of great strength". Many times when we are bogged down with problems of the noises in our work or the family, we often find sanctuary in deep silence and reflection. Better decisions are made in silence and there is virtue in it. Let us now look at some of the benefits of silence:

1. We become calmer and more aware. One of the most important benefits of being in silence is that it helps us become calmer. Studies have shown that people who consistently

spend time alone and in solitude tend to be calmer. This calmer attitude eases situations when there is tension. People who are meditative and peaceful are very aware of what is happening around them. They know reality better and they can observe their reactions and tendencies immediately. Through silence, we can be able to be aware of our bodies, emotions, and minds. This will be a gateway to becoming wiser individuals.

2. It clarifies Self-Talk & helps us understand ourselves better. When we are alone, we are not really "alone". In this way, we can cultivate positive Self-Talk or meaningful conversations with ourselves. Positive self-talk will boost our self-esteem; we will have to ask ourselves things such as "who am I?" or other existential issues.

3. It boosts our intuition. Intuition is also known as "gut feelings" and it requires concentration and awareness that can be achieved through uninterrupted quietness and clearness of the mind. It is the feeling of "I know because it feels so".

4. It taps our creativity and broadens our perspective of human beings need to be in contact with the mind. The mind must be free of clutter to broaden the field of our imagination. Our perspective

is dependent on how much the mind tries to see from different angles or views. Oftentimes, through silence, we can understand differences and other ways of viewing things, so we can do more extraordinary things.

5. It grows better relationships. While a conversation is needed in a relationship, it is of double importance for both partners or relatives to go into silence. Being silent is one of the most powerful things you can do to send an idea that you are taking time to listen and that you are respecting each other's chances to be understood. This opens an opportunity for both sides to grow and learn from each other. Most importantly, silence can bring about a good relationship within ourselves. Due to busy schedules and chaotic minds, we just cannot help but live in a hurry and forget to spend time nurturing ourselves. Nurturing our connection with ourselves is the most important benefit we can get



when we go into conscious silence.

Silence can be a great tool to use for achieving our best self because only in deep contemplation can real enlightenment and wisdom come to us. It helps us to gain a better perspective and make sure that we are traveling on the right journey.

Going into silence is a privilege that we can do to improve the quality of our lives. Silence is not empty; it is full of answers. Without the initiative to be silent, we lose the power to change things more peacefully. A person capable of making the mind in silence is qualified for peace. A person capable of peace within himself is a person who can influence the world to realize harmony.

So next time that you are bogged down with problems or any circumstances, close your eyes and observe silence where wisdom comes.

Why Can't I Dye My Hair Red at GLC?

By Vicente Hao Chin Jr.

Why can't boys wear earrings in Golden Link College? Or sport long hair? Or dye their hair red, yellow or blue? Why can't girls wear mini-skirts? Or attend class in slippers?

These are valid questions. In answer, Golden Link College takes a position it believes to be in the best interests of the students themselves.

These things – earrings or nose rings for boys, mini-skirts and dyed hair for girls, etc. – are neither good nor bad. They are cultural practices. In certain eras or decades, they are weird or scandalous; at other times, they may be the standard. With Golden Link's present policy of not allowing long hair for boys, Jesus Christ or Isaac Newton would not have been admitted to GLC had they enrolled or presented themselves for enrollment. So why are some of these things not allowed at GLC?

THE EFFECT ON PEOPLE

Depending upon the era, country, culture or organization, the way people dress or present themselves will have a certain impact on others. Such an impact may be favorable or unfavorable, and it will have consequences on social relationships leading to acceptance or non-acceptance, a neutral impression or prejudice, liking or disliking, attraction or aversion, and so on. If you are a girl, try wearing skirts or shorts in Taliban-dominated areas of Afghanistan and see what happens. One woman was arrested just because her robe. Within a certain culture, it is best that one minimizes appearances that will elicit prejudice, revulsion, disapproval, and even violence in other people. These are trivial battles to fight. They are just about external appearances. Such external conformity is not done out of fear but out of simple commonsensical prudence.

In society, people inevitably form first impressions of us based on our appearance. After that they will sometimes make decisions that can seriously affect us. For example, suppose Eric appears at an accounting job interview wearing slippers, shorts, sandalo, unkempt hair and four earrings on the right ear. Eric may be very good in accounting but he will probably not get the job. If having a job is more important to Eric than spending fifteen minutes dressing up a bit, then it would be prudent for Eric to dress up reasonably well in order to avoid unnecessary misimpressions arising from cultural practices. Most of these practices are neither good nor bad – it's just that people are used to certain ways of dressing, greeting, talking, acting, etc., and will feel bothered if there is strange divergence from them. To conform to such codes does not generally violate one's moral principles (there may be exceptions), and hence prudence tells us that it is more convenient to adapt to the surroundings regarding these superficial matters and focus on the more substantive or essential things in life. One should not conform when it entails a violation of principles that are important to one, but on peripheral matters, then we avoid unnecessarily stirring prejudice.

In the Philippines there are certain standards of behavior acceptable within our culture. An unkempt appearance can give the impression of a lack of respect for others, for example. Golden Link is cognizant of these standards and encourages its students to abide by them. If we had a Golden Link branch in Burma, we would respect the cultural practices in Burma – as long as they do not contravene our moral principles, of course.

In the Philippines, there is still a widespread reaction against green hair, pierced



Photo Courtesy: John Derson Herbolario

Psych Circle officers poses for a photo together with their black hair and complete uniform.
From left Pamela Chin Delos Reyes, Alyza Ortiz, Jhume Ragaña, Patricia Ann Recto, and Yuri Obleta.

eyebrows, tattoos, long hair, and earrings for males, etc. So we do not encourage our students to sport them as students of GLC. First it affects the students themselves in ways already explained; secondly, it tends to reflect on GLC and give people the wrong impression about the school. Let us use a somewhat extreme example: Would it be all right in the eyes of our students if the President of Golden Link were to sport a green tomahawk haircut when coming to school? (Cool!) Or even outside of school when people are likely to recognize the President of Golden Link? Most students would probably be horrified at the thought of their college president looking so weird. Think of the reasons for such a reaction. Would they not generally apply to similar situations whether we are talking about young people or adults? We thus maintain policies that avoid the negative cultural push buttons of the people around us. These appearances are not really that important, but their misperceptions can have negative consequences on our effectiveness in society.

THE MOTIVATION

There is another aspect to this issue to be considered. It concerns the reasons why people, especially the young, wish to display non-conformist getups or appearances. Our hair in Asia is generally black. Why would anyone want to dye

it red or green? What is the motivating factor behind such an act?

Is it because we are attracting attention? Green hair is a head-turner. Is that what one is trying to achieve? But why? Is one so deprived of attention that one needs to make such a loud announcement: "Hey, everyone, look at me!" If this is the case, then shouldn't we look into ourselves, see perhaps if there is a lack of self-worth and try to resolve it at its root level and not through green or red hair?

Some say that they do so because they are still searching for their identities, manifesting as non-conformism and even rebellion against society and its norms. What are we rebelling against? We should look deeply into this issue because in the end it is not about colored hair or tattoos. Here is what one man said about his experiments with purple hair, a pierced eyebrow, and a pierced lower lip:

It was fun to play with my appearance as I was building my own identity at the time. I always figured,



"What's the harm? I'm young and I don't have a real job yet. If not now, then when?"

In the end I took out all the piercings and stopped dyeing my hair. Now, I work at a bank and wear dress shirts every day! Go figure, I grew up.

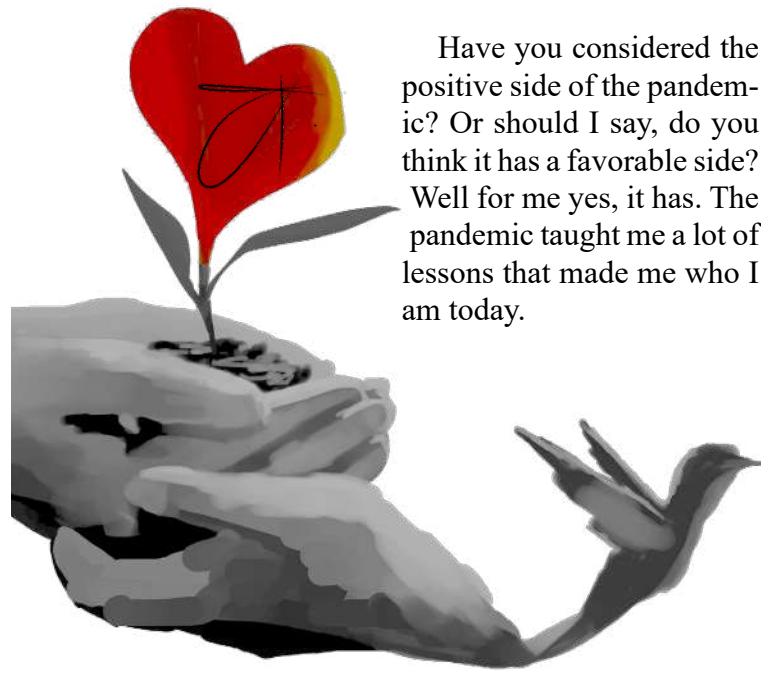
In other words, at a young age, sometimes we don't care what others think. Our dyed hair, nose rings, or tattoos are ways of asserting our independence and trying to find out who we are. In the end, these external expressions fade away, and what remains important is our quest for our deepest values and life directions.

At a young age, it is best that we should look deeply into ourselves and find out why we behave in certain ways. Find out what is essential and what is superficial. Let's not waste energy fighting small battles with colored hair or pierced noses. Be ready for the big battles – like living a meaningful life, contributing to peace and happiness in the world, and becoming the best of what we can be.



The Good Side of the Pandemic

By Lhara Mae Mores



Have you considered the positive side of the pandemic? Or should I say, do you think it has a favorable side? Well for me yes, it has. The pandemic taught me a lot of lessons that made me who I am today.

I became kinder, more appreciative, and more responsible. As I stayed at home, I had more time to reflect and understand myself deeply.

One of the realizations I had was to acknowledge the effort and work of my parents. I appreciate how they work hard on my studies and still make time to take care of me despite working all day. They will still check on me if I have taken my meals, and if not they will cook food for me. I appreciate

how they are doing their best to provide for my needs and for the things that I dream of having. I became sensitive and kind because I realized that everyone has their battle that I don't know about. Therefore, if I cannot help them, I extend kindness to make them feel that there is still goodness in every hardship that they experience.

Why did I become more responsible? I realized that I am the soldier in my battle and I am in charge of every-

thing that I want to achieve. And lastly, my faith in God has grown stronger. In this pandemic, he's the only one who can help and protect us. In facing this battle, we can only look to him for strength. So don't forget to thank him for all the blessings that you have on your plate.

And this is my question: have you seen the positive side of this pandemic? What are your realizations?

How Golden Link Changed My Purpose in Life

By Emelyn Ortiz

"I am not supposed to be here! Speaking in front of you! I am not in a position to do something substantial in life with the possibility to affect others." That is what my previous self once told me back then, and I almost believed it. However, because of my life experiences, I was directed to be here and begin to act on changing the environment that I come from.

about what it means to be a part of a community and it is called the act of service. We go out to the specific community, interact with the people and prepare a mini program so the elders can once more laugh and dance, we even serve healthy food while conversing with them about life. For the kids we also do storytelling and of course, let them showcase their talents.

looked forward to because they helped me to go out of my comfort zone. I know that in the future we're going to teach students, and I just want to encourage you that we must not focus on what we're only teaching, but we do this because we are helping a community and it is something that fulfills our purpose in life.

I think the purpose of having two hands is to give and receive. One hand is to purposely help yourself to survive the circumstances that will come your way, conquering the challenges that you will experience along the way. The other

hand is to help others and give them the treatment that they deserve. This will help you to be a better person. Before I end, I just want to share this quotation:

"If you want to receive joy and happiness, serve others with all your heart. Lift their burden, and your burden will be lighter."
Ezra Taft Benson



Humanity is hope

By Aldren Garzon

Our world is facing several crises. Aren't you scared? Asking when and how everything will end. Such as famine, plague, and war. All of these catastrophic and inhumane situations are all happening everywhere. When I was younger, I thought all these were just things you read from books our teachers have required us to read. I never thought that one day, our generation would be firsthand witnesses, experience it and write a speech about it. As days go by, we exper-

ience a lot of struggles. We are moving forward toward our dreams and ambitions, however, these dreams were slowly taken away from us. When confronted with these adversities, we cannot help but feel dejected and uncertain when these situations will end.

The world has experienced famine and hunger for several decades, and this crisis has not been completely solved. It happens every single day, and

apart from it in another part of the world another possible world war might break out and make our dream of world peace impossible to achieve. All of us are affected if this potential world war might occur. It is unfortunate that everything is caused by faulty decision-making by those in power, who choose violence and oppression over humanity.

Recalibrating our minds and valuing the essence of humanity might lead us to

a better world. Despite apathy and superiority, I remain genuinely hopeful.

"I still have a glimpse of us in a better place. I still have high hopes that one day our world will heal and be harmonious."



A WORD FROM THE PRESIDENT:

Vicente Hao Chin

IDEA AND SOCIAL TRANSFORMATION

Ideas rule the world. How we live today, individually and socially, is overwhelmingly molded by the ideas of past thinkers. Things that we take for granted, such as democracy, free enterprise, religions, scientific theories, literature, culture, customs, superstitions, and a billion other significant mindsets and practices of humanity were molded by the influential opinions of people who advocated something forcefully.

In 1980, for example, one-third of the world, or about 1.5 billion people, were living under communist regimes that sprouted due mainly to the ideas of one man - Karl Marx (1818-1883). He wrote a book called Das Kapital and rallied peasants and workers around the world to establish communist societies and governments that promised to bring better lives to them by removing ownership of capital. One man who listened to him, Vladimir Lenin, launched the Russian revolution in 1917 and set up the first communist regime in the world, igniting a chain reaction that put seventeen countries

under the same ideology. People lost their properties and their freedom due to the dictatorship of one political party that wielded the guns. This lasted for more than 70 years until their leaders learned that their system was not working according to Marxist ideals. Today, almost all these regimes have been dismantled except for two small countries whose leaders continue to hold on to untenable power.

Marxism was a theory that changed the destiny of humanity for a century. This is but an example of how powerful ideas can be. This same pervasive influence of ideas, whether valid or false, can be seen in religions, culture, science, and practically in all aspects of human affairs. Those who passively accept such tenets become prisoners of the unquestioned opinions of other people.

Every generation produces thinkers who will alter the destiny of humanity in small or big ways. Their thoughts are conveyed through words - whether spoken or written. This tells us not only about the pivotal

impact of ideas but also the vital role of knowing how to effectively communicate such ideas. The brilliant conceptions of a genius will amount to nothing unless disseminated potently to other people.

This is the significance of this maiden issue of Linkers Gazette initiated by the college students of GLC. This issue features the ideas and advocacies of many college students at Golden Link College. The insights may have arisen from limited experience, but they contain the germs of transformation not only in their lives but also in society. The reader can sense the intensity of their convictions.

Let this publication serve as a platform for expressing our students' ideas, advocacies, literary expressions, and artworks. Conveyed effectively, your thoughts can help change society and make this world a better place. As you do so, adhere to time-tested principles of reason and morality in arriving at what is true and valid. Do not abandon your ideals even as you enter the so-called practical world



Vicente Hao Chin Jr.
President
Golden Link College

of adults. Remember that many ideas and practices in today's world culture and public opinion are warped, prejudiced, unjust, and destructive but continue to be acceptable to most people. These can even come from the highest authorities in the religion. Try not to fall into

such psychological traps. While trying to be pragmatic in your career, avoid participating in the harmful practices of society.

Congratulations to the editors and contributors of this first issue of the Linkers' Gazette.

LETTERS FROM THE EDITORS

Once a linker, always a linker.

Golden Link College has been my second home since the first day I stepped upon its gate which welcomed and accommodated me. I felt safe and comforted the day GLC embraced me as a person. I remember the time when I was just a prisoner. A prisoner of my thoughts, feelings, and comfort zone. Only then I realized that everything would not change if I chose to stay in my prison. GLC has become my link and it offered me

more opportunities for self-awareness and to be the best that I can be. Thus, I can proudly say that I was then a prisoner but now a linker, and always be a linker. With that, GLC must be known for how it nurtures students not just in academics but in life. The Linkers Gazette is the avenue for students to be aware of the activities and programs which will open

their minds to the unique principles and philosophies that GLC has. And that would help not just myself but the young minds who need quality education and for them to shine bright in their endeavors; to be as iridescent as they can be and to be an agent of change in the community.

To be a linker and to always be.



Flory Yen C. Collantes
Managing Editor

"Golden Link College has been my second home since the first day I stepped upon its gate that welcomed and accommodated me."

I AM A LINK IN THE GOLDEN CHAIN



Kaye Diaz
Associate Editor

One of my interests is to read confession stories, especially those I can get inspiration from – stories about life, hope, and how people overcome their difficulties with utmost sincerity and truthfulness. I love to read books, especially those by Mitch Albom, a lot of realizations I get when I read his books. Watching Korean dramas is also one of the comfort activities I do especially when I am stressed. Six is not my favorite number yet holds a deep connection in me. It has been six years since I have known that there is a school that not only exists to teach competencies but transforms lives into a better and more progressive one.

It has been six years since I discovered that I am unique and I am valued without waiting for others' validation. And it has been six years since I admitted to myself that I was weak and I needed help too, just like the others. These are just some of the greatest things Gold-

en Link College has taught me. Wherever I go, I know that I always carry with me the core values this school has taught and has continued to teach me. I remember that I was a highly competitive individual before, but Golden link College helped me to see the excellence in me without competing; that being excellent is not being the best among the rest, but being the best of what I can be. Without competition, I became a thoughtful and kind person in helping my classmates when they needed my help. I never think twice about helping and encouraging them to be better. It is also vivid in my memory of the days when I would cry non-stop because I had a broken relationship with my parents and held a grudge against them. Through processing and continued support from this school, I now have a great relationship with them.

I realized that I can express my care, love, and kindness to my parents in

little ways such as telling them "I love you" and even kissing them on their cheeks before and after I got home from school. At present, they love the school just as much as I love the family it builds in me. I am also a teacher in the making. I always see myself being one especially when I get to experience firsthand the quality education this school can give. Now that I am preparing myself to become an educator, I promise and engraved in my heart that I will be an ambassador of kindness, peace, love & care toward my family, students, and other people. I am just so blessed and grateful to Golden Link College and all the people working for it. I can't wait to see more people involved in this transformative education. I am proud to always say that I am a link in the Golden chain of love and I promise to keep this link strong and unbroken making this world a better place to live in.

CONSERVE AND SAVE

Over the years poverty around the world has been an issue and seems to be still far from being solved, and third-world countries are still striving for development. Famine and scarcity of resources for food in some countries are huge problems, yet food waste seems inevitable.

There are a number of issues that people need to address, including drought, scarcity, catastrophe, and shortage of food. Transport, traffic, politics, clashing corruption between parties, territorial rights, and the never-ending fight to claim our land and seas are wearisome. Religion brings people together, yet disputes and war subjugate people. Poverty, hunger, and famine still exist. The crisis aforementioned above has never been resolved for a millennium even between now and then. I am hundred percent

sure there are still counts of issues I haven't mentioned yet, those underlying issues that this generation should talk about.

Moreover, I assume that no one will be alienated by Nelson Mandela's wisdom, including about poverty. He expressed "Poverty is not an accident like slavery and apartheid; it is man-made and can be removed by the actions of a human being" to some extent this speaks of truth. Food waste proves this. Food waste tells you that saving money and food is necessary. This is because the Philippines wastes 1,717 metric tons of food daily, contributing to the nation's rising hunger rates. Patent information may therefore be helpful in finding solutions to the growing population and the increasing food loss and wastage. (RT innovation CONTEST - YEAR 3 food waste re-

duction and food loss technologies, 2022). You will discover that we have 1212 metric tons of wasted rice and an estimated 240 sacks of rice being wasted daily. The amount of plate waste estimated at 1,117 metric tons per day is equivalent to 95 dump trucks. Given the fact that there are people out there begging for food, begging for money just to buy something to eat is terrible. This is because those 95 dump trucks of plate waste and 240 sacks of rice being wasted a day can feed an entire city. The government took action, at least through Senate bill no. As a result of legislation 423 and House bill 3370, there will be food banks, and the food stored by the accredited food banks will be provided to those in need of food. These bills also stated that food recycling must be implied. (Mangahas & Veneracion, 2020)

But the question is, is this



Freyah Mendiola
Editor/ CopyReader

enough? Where should we start fixing this? Who is to blame? Did humans create

this? Well, that is why we have to conserve and save.

GREEN

By Jade Gomez

The beauty of nature, we all love to see,
From tiny insects to the tallest tree.

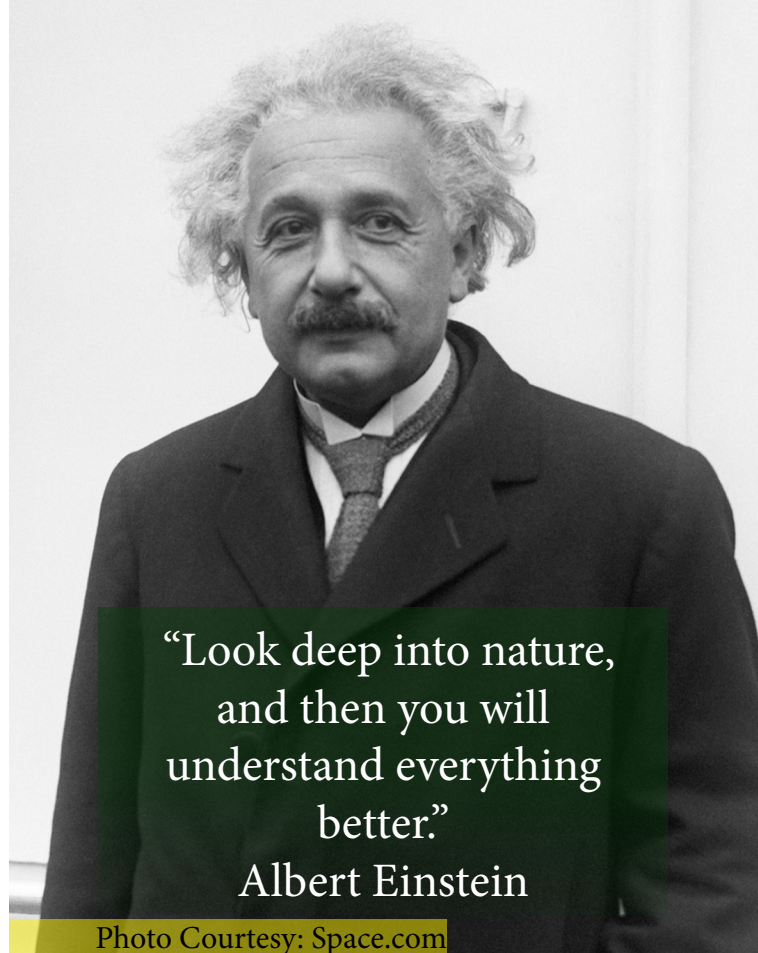
So much life and diversity,
You can learn more, just listen to me.

Our environment keeps us alive,
We must protect it, for society to survive.

Creates oxygen that we all consume,
What's prettier than a flower blooming?

We must stop deforestation,
The duty of every nation.

Let's begin, by fighting pollution,
Think together, to find a solution.



"Look deep into nature,
and then you will
understand everything
better."

Albert Einstein

Photo Courtesy: Space.com

HIDDEN LOVE

By Mary Joy Mendoza

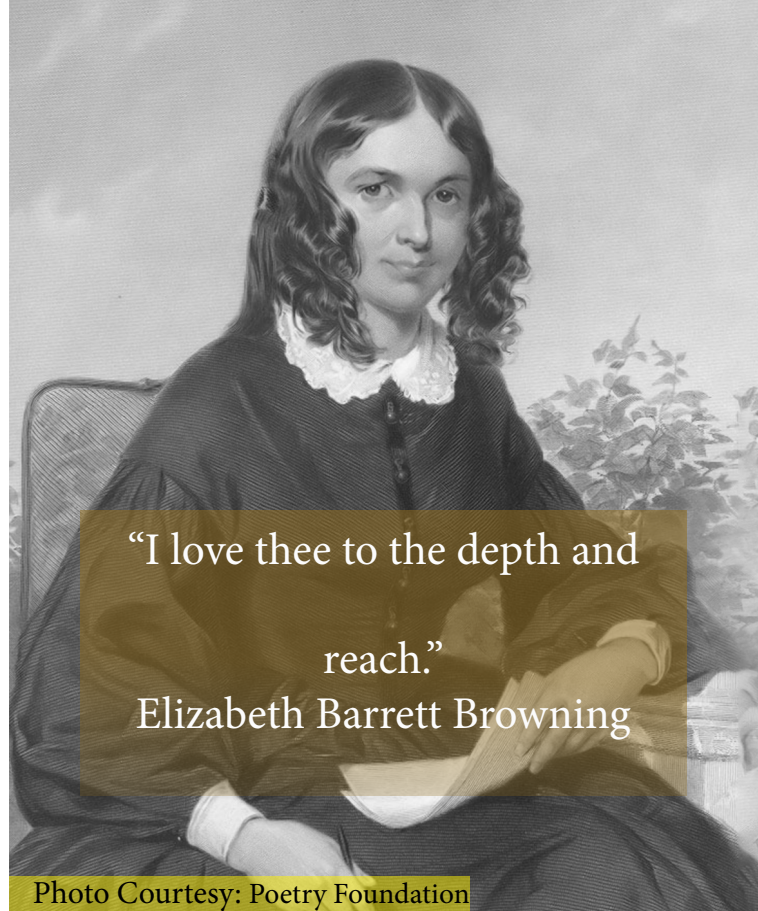
I see, feel, and treasure it.
But, how do I know if what I am feeling is true?

Every time I look straight into your eyes there are words that you
never express.

You are trying to keep your undeniable thoughts.
But, it really caught me off guard, because I wanted to hear it.
I don't want to pretend that I can't see or feel it,

Still, I perceive that you want to name it, to put your feelings into
words.
Please tell me.

'Cause, every single day, I am not sure if I am going to
continue embracing the moment with you.



"I love thee to the depth and
reach."

Elizabeth Barrett Browning

Photo Courtesy: Poetry Foundation

DON'T BE SCARED

By Jessa Casiano

Once you start to go and fly.
Do not be afraid to spread your wings and touch the sky.

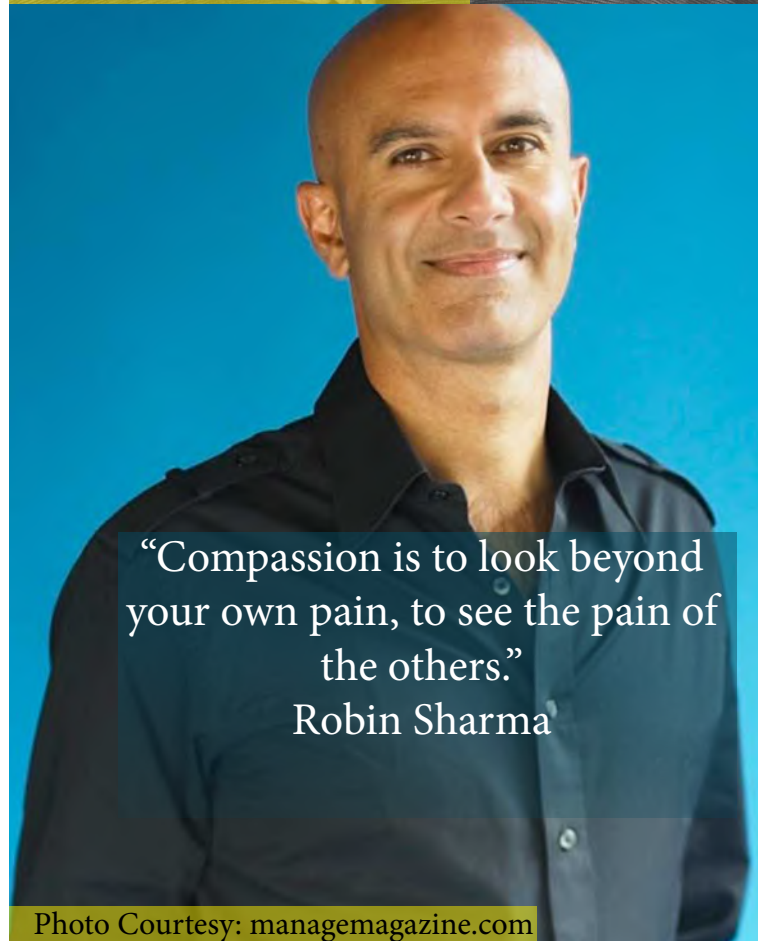
Worry not, for I will be there with you, you're not going to fall,
my love.

Feel the breeze that touches your skin.

Close your eyes not, and enjoy the view beneath.
Don't hold your breath, you're safe with me.

Entrust me your safety.
I promise we will land perfectly.

Right now, I just want you to live in the moment.
Fall in love with the beautiful creation in front of us, with me.



"Compassion is to look beyond
your own pain, to see the pain of
the others."

Robin Sharma

Photo Courtesy: managemagazine.com

THOUGHTS ON DEATH

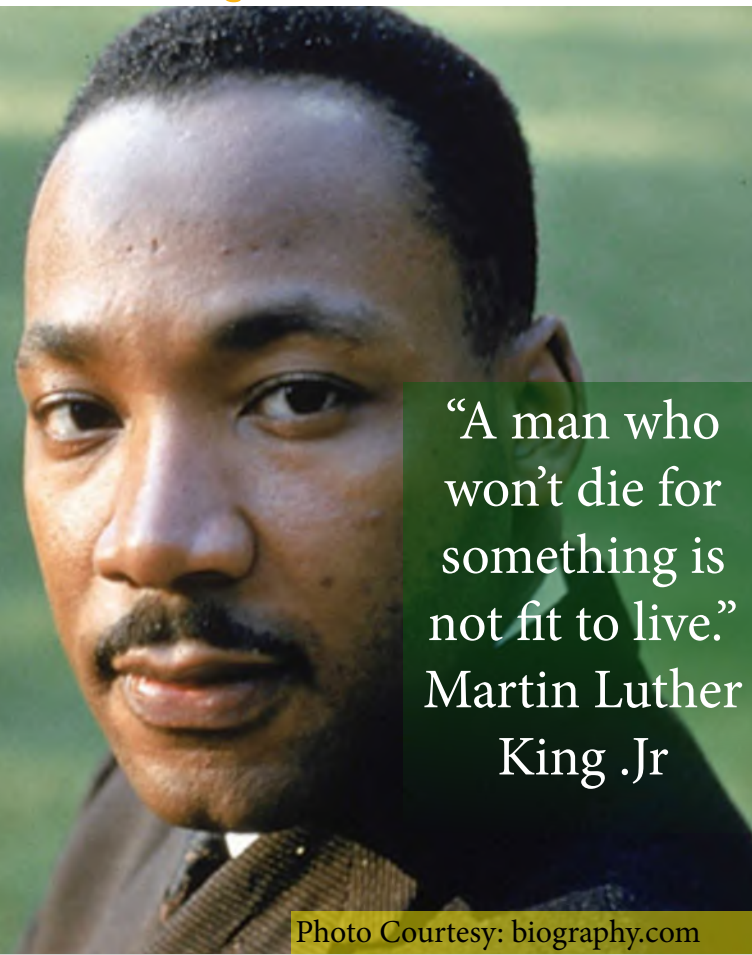
By Reynaldo Roldan

When the sky is gray, the moon is looking at me
Crying with stars, dancing with the grass
Drinking my wine, the wind is singing a lullaby

Full of sadness, full of depression, full of the thoughts of attention.
Someone is waving in the dark, I saw death cheering me up.

My time is up, no more time freeze
This is not a game but a truth in life
Pain and suffering define the beauty of death

While death defines the beauty of living
Tired in this world with no mercy for me
I will end this poem by saying let the bird
get out of the cage to see the beauty of the earth
before it's too late and starts killing itself



“A man who won't die for something is not fit to live.”
Martin Luther King .Jr

Photo Courtesy: biography.com

CHILD

By James Dometita

A child, befriending thee,
Therefore thou refuse, how sad he is.
A child wants thy presence
And a sweet-smelling lovely essence.
Oh, child, thou persist,
Even I refuse thy request.
Thou still bring me in the mist,
A child is now my friend,
This would be my end
A child gladly says,
“I am a child that brings the dead”
Now, succumb to my sadness,
Feeling no aura of friendliness.
When a child comes near
Is my biggest fear.



“Hope is born again in the faces of child.”
Maya Angelou

Photo Courtesy: zinnedproject.org

LOVE CONFESSION

By Christine Natividad

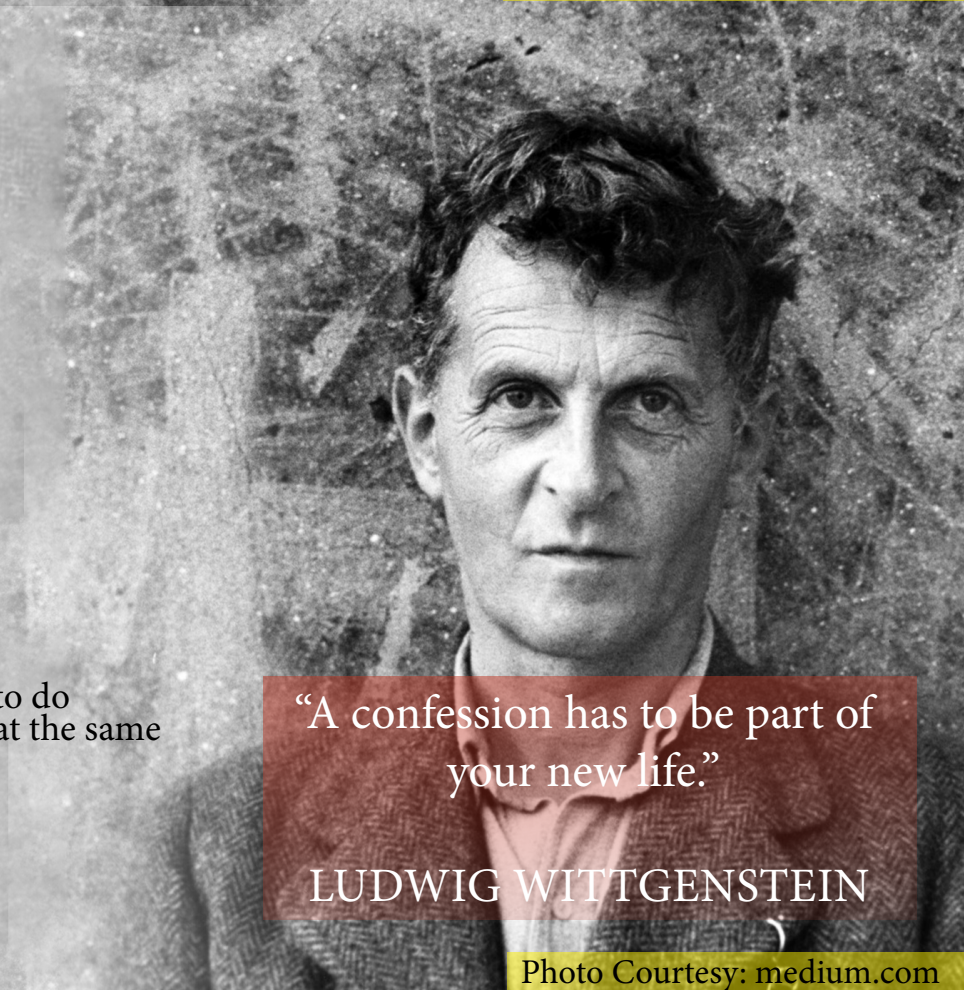
I started to ask myself
Why do I feel happy every time I talk to him?
Why do I think I like this person?
Is this what people call love?

It's almost months
Since I talked to him
I guess I am already in love with this person
Am I now really in love with someone?
But I keep it to myself
Because I'm not ready to tell him yet

What can I choose?
Getting hurt or maybe losing friendships?

I was surprised
When he told me that he likes me, I do not know what to do
Hearing the confession made me worried but over the moon at the same time

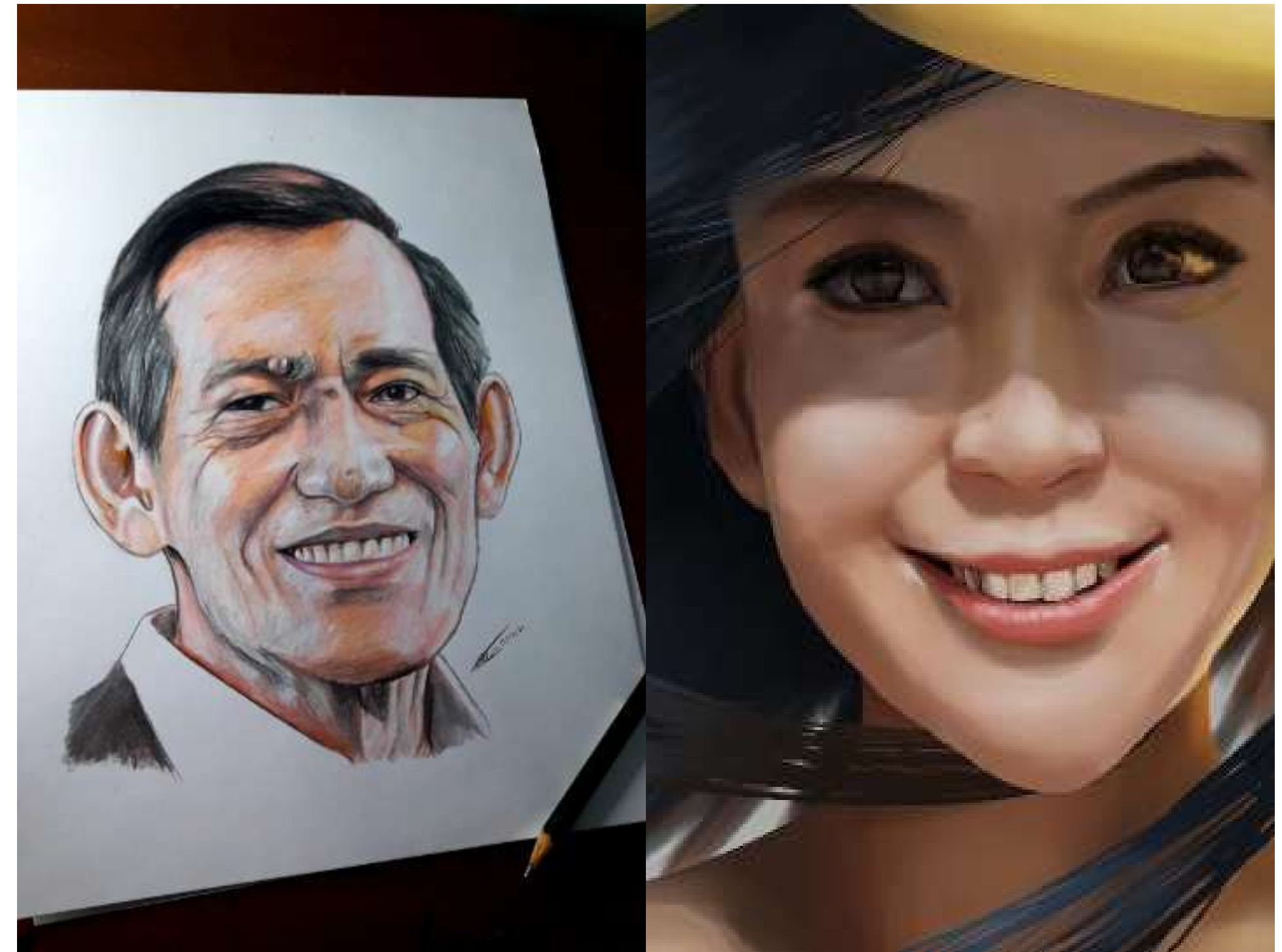
I was confused
But a few days later, I decided to tell him
That I feel the same way
And I can say that we both fell in love



“A confession has to be part of your new life.”

LUDWIG WITTGENSTEIN

Photo Courtesy: medium.com



Artwork of Angel Ross C. Abales, 2nd Yr. BS Information Technology. Portrait of Mr. Vincent Hao Chin, and a digital painting entitled “Cesspool” and “Apple’s up”



Artwork by Criss Evan Longkino, 2nd Yr. BS Psychology. A portrait of a couple entitled “Sola”.

Artwork by Jan Clyde Cañeso. Digital drawing of “Tindahan”.



Artwork by Jan Clyde Cañeso, 2nd Yr. BS Information Technology
Digital painting of “Pirates in the Sky”